

# WHAT WILL YOU CHOOSE?

## RELATIONSHIP DEVELOPMENT



**APPRECIATE**  
**Be RESPECTFUL**

**Be GRATEFUL**  
**GRATITUDE**

**LOVE**  
**GIVE OR RECEIVE**

**TRANSPARENCY**  
**OPENNESS**

**Be PRESENT**  
**KINDNESS**

**INVITE / REQUEST**  
**SHOW UP**

**HONESTY**  
**TRANSPARENCY**

**GENEROUS**  
**CONSIDERATE**

**THOUGHTFUL**  
**PASSION-BASED**

**DESIRED OUTCOME-FOCUSED**  
**RELATIONAL-COMMUNICATION**

Point of view:  
**CREATOR or MANIFESTOR**  
**COACH or VISIONARY**  
**CHALLENGER or INSPIRER**

## RELATIONSHIP DESTRUCTION

CRITICIZE  
CONDEM

COMPLAIN  
ENTITLEMENT

FEAR  
TAKE

HIDE  
CLOSED

NOT PRESENT  
HARSHNESS

DEMAND  
DISAPPEAR

DISHONESTY  
MISREPRESENTATION

SELFISH  
INCONSIDERATE

INSENSITIVE  
ANXIETY-BASED

PROBLEM-FOCUSED  
BLAMING-COMMUNICATION

Point of view:  
VICTIM  
RESCUER  
PERPETRATOR

*Integrity is the essence of everything successful. – Buckminster Fuller*